

Hayme Serrato's Martial Arts

Hapkido 4th Gup (Brown Belt) Testing Requirements

KICKS AND LEG STRIKES (FROM FIGHTING STANCE, OFF BACK LEG, WITH SAME LEG)

19. Front kick, round kick combination
20. Inside-to-out crescent / round kick
21. Outside-to-in crescent / side kick

TWO HANDS ON ONE WRIST GRABS

(Attacker's two hands grab your right wrist)

4. **Pressure point all directions throw:**
 - Right inside counter grab / Left palm heel
 - Left hand grabs attacker's right elbow, thumb on inside elbow pressure point
 - Raise attacker's arm across to the right
 - Step through left / duck under as you pivot right 270^o on left foot to front stance taking him down

5. **Straight arm bar takedown:**
 - Left front kick
 - As you step down in front stance, execute a right inside-to-out Soo Do block to an outside counter grab
 - Pivot front stance 90^o to the right
 - Continuing inside to out circular flow, turn attacker's arm, bringing your right hand in tight to your waist, palm up
 - Left Soo Do to attacker's tricep to armbar



6. **Figure 4 escort lock:**

- At the same time:
 - Left foot slides in slightly
 - Inside counter grab
 - Left palm heel to face
- At the same time:
 - Right hand pulls attacker in
 - Left hand (thumb down) wraps over and back under attacker's right arm close to his shoulder
 - Pivot right on left foot, slide right foot back to horse ride stance until facing same direction as attacker
 - Left hand grab your uniform high on lapel, right hand push down to elbow lock

TWO HANDS ON TWO WRISTS (FRONT)

3. **Airplane:**

- Left front kick
- All flowing together:
 - Step down to left of attacker
 - Lower left hand / raise right hand high
 - Step through right
 - Right arm to attacker's face to takedown

4. **X throw:**

- Simultaneous right and left outside counter grab
- Right scoop kick to attacker's right leg
- Step down between attacker's feet
- Lift attacker's arms out to your left
- At the same time:
 - Cross attacker's right arm over his left
 - Raise attacker's arms over your head
 - Slide left foot back as you duck under
 - Turn left 270°
 - Pull down on your left arm (his top arm) to takedown

5. **Magic hands to straight arm bar takedown:**

- Quickly cross your hands, right over left
- Right hand grabs attacker's right wrist
- Left Ki strike
- Step in left, Soo Do attacker's tricep to arm bar



TWO HANDS ON TWO WRISTS (BEHIND)

3. Center lock horizontal:

- Fake left
- At the same time:
 - Step out right to deep back set
 - Bring right arm over head so both hands are on your left
 - Left hand grab back of attacker's right hand
- Step back left / apply center lock horizontal

4. Elbow strike, back kick, arm bar:

- Right counter grab
- Step forward right pulling attacker forward
- Left elbow to attacker's stomach
- Left hand shoot forward breakaway
- Left elbow to face
- Pivot clockwise on right foot
- Right side kick
- Step through left / left Soo Do to attacker's tricep to arm bar

PUNCH DEFENSE

(Attacker throws right punch)

5. Roundhouse elbow strike:

(Attacker throws hook punch)

- All flowing together:
 - Step right 45°
 - Left inside-to-out Soo Do block
 - Grab attacker's wrist
 - Slide left foot back and out of the way
 - Pull left hand to left hip / right roundhouse elbow to face

6. Ippon Seoinage:

(Attacker throws straight in punch)

- Step right to inside of attacker's right foot
- Left inside-to-out Soo Do block
- Grab attacker's wrist
- Pivot 180° left on right foot, square up body / set left foot / squat down
- Right arm under attacker's right arm pit
- Throw, looking at your left foot



ONE HAND SHOULDER GRAB (FRONT)

(Attacker's right hand on your left shoulder)

1. **Small "S" lock:**

- Right hand trap top of attacker's hand as left hand prepares for Ki strike
- Left Ki strike
- Left grab attacker's wrist (thumb down)
- Turn upper body / push down to "S" lock

2. **Pressure point hammerlock:**

- At the same time:
 - Left hand grab attacker's right wrist from the outside
 - Right palm heel
- Right grab inside of attacker's elbow with thumb on pressure point
- Lift attacker's arm up
- Step through right
- Slide left foot to horse ride stance behind attacker
- Apply hammer lock

3. **Wrap around:**

- Right hand trap top of attacker's hand
- Left back hand to attacker's face
- Swing left arm over attacker's arm
- Push down (thumb down) to bend his elbow
- Wrap arm around attacker's arm under the elbow



ONE HAND LAPEL GRAB

(Attacker's right hand on your left lapel)

1. In to out wrist lock takedown:

- At the same time:
 - Left hand trap on top of attacker's hand
 - Right palm heel
- Right hand grab attacker's wrist and pull into your chest, bend slightly forward / pivot left to takedown

2. Small "S" lock:

- At the same time:
 - Left hand grab attacker's wrist / Right palm heel
- Right hand trap on top of attacker's hand
- Step back right / turn upper body to "S" lock to take attacker to his knees
- Finish with Soo Do to the neck or backfist or knee



Judo Throws

6. Morote Seoinage (Two Arm Shoulder Throw)

